

Enjoy Healthier Eating With Latest Products

Bacteria, pollutants, and additives are terms often used to describe elements in the foods we eat.

In an attempt to preserve nutrition and natural freshness, manufacturers have developed products enabling cooks to prepare healthier meals.

Fresh fruit and vegetable treats are now a snap with new electric fruit juicers. Unskinned, washed vegetables can be placed directly into the electric juicer for a nutritional drink that is ready in moments.

Recent trends in camping and outdoor activity have prompted the development of the food dehydrator. Electric or solar-controlled, this product enables nearly all foods to be dehydrated and stored for future use. Dehydrators generally have several drawers so that different foods may be prepared simultaneously. Cooking is accomplished by placing sliced items in a drawer and turning on electricity or using solar drying. If sun is not available, use the sun pantry in your oven with just the pilot or viewing light. Dehydrators are particularly useful in preparing camp meals and vegetables "chips" for party dips.

Grandma often used poaching, steam, or pressure cooking to maintain the natural goodness and

flavor of foods. Modern equipment for these cooking techniques is available in all price ranges. Cookers come fully constructed or in kit form and are available in all price ranges. With new construction, cooking time is greatly reduced.

Many doctors now recommend the home preparation of baby food for natural and health reasons. Baby foodmakers now enable Mom to chop, grate, and puree table foods so baby can enjoy the same dinner as the rest of the family. Varying in price and construction, the foodmakers can be found in most department stores or ordered through baby or health publications. Mom may also find a standard food blender useful in home baby-food preparation.

Ice cream making is becoming a healthy, popular habit. In home made ice cream one is assured of the finest ingredients without additives or fillers. Preparation and time varies according to equipment features. Assorted ice cream-makers are available nationwide in department stores and catalog houses.

We are fortunate that recent product developments enable us to prepare healthy foods in shorter times. What's cookin'? Good, nutritious food!

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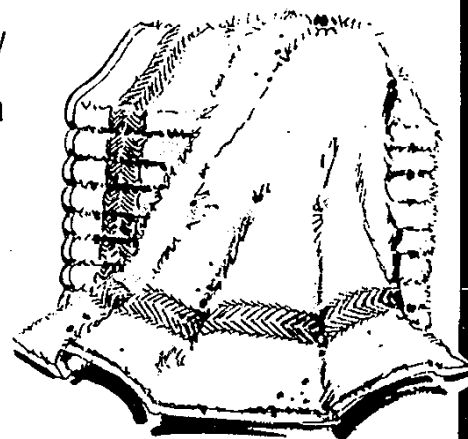
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